



SOUTH FLORIDA MENTAL HEALTH & PHYSICAL WELLNESS EVENT

LET'S COME
TOGETHER AND
SPREAD THE LOVE!



JUNE 1, 2025
9:30 AM - 1:30 PM

\$5 admission

Location

Beit David Highland Lakes Shul
2600 NE 209 St, Miami, FL
33180

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Synergix

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Event Highlights

World Class Speakers

Hear powerful insights on suicide prevention, addiction recovery, cutting-edge wellness therapies, and the transformative power of mental health and kindness.

Live Workouts & Yoga

Enjoy energizing workouts and calming yoga sessions led by expert instructors to help you move, breathe, and feel your best.

About Our Event!

The South Florida Mental Health & Physical Wellness Event brings together leading experts and local providers to explore the deep connection between mind and body. From cutting-edge therapies to real-life recovery stories, this event is designed to educate, inspire, and empower you to live a healthier, more balanced life. Whether you're seeking resources, support, or simply curious to learn, there's something here for everyone.